Active Living Action Plan (as of 3.23.11)

Goal: Increase physical activity.

Recommended Strategy #1: Enhance access to physical activity opportunities, inclusive of physical education, in Nebraska schools, childcare and afterschool facilities.

Team Leader: TBD
Committee Members: TBD
Target: X number of schools (source: CDC School Health Profiles), childcare facilities (source: NAP SACC/CACFP) and afterschool facilities that enhance access to physical activity.

Priority Activity #1	Potential or Designated (preferred) Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
Implement and promote active transportation (walking and biking) in Nebraska schools and communities.

Activity Leader: | DHHS/NAFH Program
- PA Coordinator
- Safe Kids Coor.

Nebraska Department of Roads (NDOR)
- State Bike/Ped. and Coordinator
- Administrator
- Transportation Enhancements

Nebraska Department of Education

Safe Routes Nebraska

Sinclair Hille and Other Architecture and Engineering Firms

City Planning and Public Works Departments

Nebraska Action for Healthy Kids | Training, education, funding opportunities for local health departments and their Boards of Health, school districts and their Boards of Education, local coalitions and communities

Best practices document for both infrastructure and non-infrastructure projects that are already occurring in Nebraska

Identify schools and communities who have been funded or looking for funding to implement Safe Routes to School (SRTS)

Communication strategy to promote active transportation and SRTS efforts through various media outlets

Health, transportation, and school-based data (such as obesity rates, crash outcome | Year 1 Initiation | Percentage of middle and high schools in state that support or promote walking or biking to and from school *(CDC-School Health Profiles, and Nebraska State Indicator Report on Physical Activity)*

and/or % of schools and communities applying for and implementing active transportation activities.

of schools and communities funded under the NDOR SRTS efforts both infrastructure and non-infrastructure projects and schools applying for SRTS funding that were not funded *(NDOR SRTS Data Sources)* | |

	Alliance for a Healthier Generation Local Public Health Departments and their Boards of Health Local Districts and Schools and their Boards of Education Local Active Living/Healthy Communities Coalitions Local Universities and Colleges Local Parks and Recreation Departments Safe Kids Coalitions	data, traffic and pedestrian volumes, and GIS maps of where students live) Infrastructure components necessary to ensure SRTS	# of completed infrastructure and non-infrastructure projects that were funded under the NDOR SRTS efforts *(NDOR SRTS Data Sources)* # and/or % of children walking and biking to and from school, times they are walking to/from school and which streets they are walking on and intersections *(YRBS State Added Questions or National Household Transportation Survey, SRTS Surveillance)* # of media outputs promoting active transportation *Possible Data Sources*: National Household Travel Survey CDC- Youth Risk Behavior Survey CDC- School Health Profiles NDOR Travel Data Alliance for a Healthier Generation Best Practices Framework

Priority Activity #2	Potential or Designated (preferred) Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
Provide access to and opportunities for physical activity before and after school. Activity Leader: Omaha Parks, Recreation, and Public Property Department	DHHS o PA Coordinator Nebraska Department of Education Nebraska Recreation and Park Association Childcare Facilities Current Before and Afterschool Programs Head Start State Universities and/or local colleges Local Public Health Departments and their Boards of Health Local Active Living/Healthy Communities Coalitions Local Districts and Schools and their Boards of Education Alliance for a Healthier Generation State and Local Parks and Recreation Programs Church-Based Programs	Before and afterschool physical activity standards or requirements including examples of standards or requirements- allotted time for physical activity and % of children meeting moderate to vigorous physical activity recommendations What trainings are currently in place to promote before and after school physical activity Identify current curriculums or programs that are being implemented at the local level Identifying new data sources regarding before and afterschool activities	Year 2 Initiation	# of schools that provide before and after school physical activity opportunities (CDC- School Health Profiles) # and/or % of schools with standards or requirements for physical activity during before and afterschool programs # and/or % of childcare facilities that provide for physical activity opportunities (NAP SACC Self Assessment) # and/or % of time children spend being physically active at before and after school programs (time spent in moderate to vigorous intensity physical activity) Funding for before and after school physical activity opportunities (Local School District Data Sources) # of children attending programs, obesity rates, # of minutes of physical activity weekly/daily, kids of physical activity they do (aerobic, strengthening, or	

				flexibility)

				Possible Data Sources: CDC- Youth Risk Behavior Survey
				CDC- School Health Profiles
				Head Start Data Sources
				NAP SACC Self Assessment
				Alliance for a Healthier Generation Best Practices Framework

Priority Activity #3	**Potential or Designated (preferred) Leaders, Partners & Participants**	**Resources Needed**	**Date of Initiation**	**Measurement Milestones (baselines and targets)**	**Progress**
Provide teachers and childcare providers with professional development to educate them "how" to integrate physical activity and reduce screen time during the day. Activity Leader: University of Nebraska at Kearney	DHHS o PA Coordinator Nebraska Department of Education Child and Adult Care Food Program (CACFP) Organizations Summer Food Service Programs State and Local Childcare Coalitions Head Start Local Universities and Colleges Local Public Health	List current conferences and training opportunities available for teachers and childcare providers Survey if teachers and childcare providers are interested in trainings to promote physical activity during the day Resource list of support materials to promote physical activity during the day List current educators and personnel who are able to provide trainings statewide Policy to support physical activity training and education at the beginning of each school year and follow up throughout	Year 1 Initiation	# of teachers and childcare providers trained *(Evaluation Data from Trainings)* # of trainings provided in the state that promote physical activity *(Evaluation Data from Trainings)* # of conferences that offers trainings in the state for teachers and childcare providers *(Evaluation Data from Trainings)* **Possible Data Sources:** CDC- School Health Profiles	

| | Departments and their Boards of Health

Nebraska Association for Health, Physical Education, Recreation, and Dance (NAHPERD)

Nebraska Action for Healthy Kids

Alliance for a Healthier Generation

Local Districts and Schools and their Boards of Education

Local Active Living/Healthy Communities Coalitions

Local Parks and Recreation Departments | the year (i.e. teacher in-service days)

Identify school-based curricula to reduce children's screen time.

Provide training on the NAP SACC Self Assessment and Program to childcare centers and in-home facilities

Evaluation of state childcare regulations to include physical activity opportunities and policy regarding screen time reduction activities | | Alliance for a Healthier Generation Best Practices Framework | |

Priority Activity #4	**Potential or Designated (preferred) Leaders, Partners & Participants**	**Resources Needed**	**Date of Initiation**	**Measurement Milestones (baselines and targets)**	**Progress**
Implement and promote joint use agreements between schools, parks and reaction departments, and communities.

Activity Leader: Omaha Parks, Recreation, and Public Property Department | DHHS
o PA Coordinator

Nebraska Department of Education

Nebraska Recreation and Park Association

City Councils/County Commissioners and Elected Officials

State and Local Park and Recreation | Public Health Law and Policy: Joint Use Agreement Toolkit

Training on the Joint Use Agreement Toolkit

Examples of schools and parks and recreation centers, community centers such as churches and cultural centers who already have already drafted language and shared agreements between community entities | Year 2 Initiation | Percentage of middle school and high schools that allow community-sponsored use of physical activity facilities by youth outside of normal school hours *(CDC- School Health Profiles, Nebraska State Indicator Report on Physical Activity)*

# of schools, parks and recreation departments, cultural centers, | |

| | Associations and Departments

Cultural Centers

Church-Based Programs

Local Active Living/Healthy Communities Coalitions | Identify data and sources for data regarding joint use promotion | | churches, and communities that have document joint use agreements

# of schools, parks and recreation departments, cultural centers, churches, and communities that use the Joint Use Agreement Toolkit *(Evaluation Data from Trainings)*

# of communication pieces promoting access to and opportunity for community PA at local schools

# of children participating in programs at these facilities. Obesity rates. Minutes of daily and weekly physical activity.

Possible Data Sources: Alliance for a Healthier Generation Best Practices Framework | |